

Subscriber Information (please print clearly or type)

Subscriber Name			
Mailing Address			
City, State Zip			
Telephone		Subscriber's HP ID#	

Adult Wellness Reimbursement, please complete this section:

Requesting participants must be a NHIT-enrolled subscriber or spouse to be eligible for a Wellness Reimbursement. Each program is based on the plan year (January – December). Submissions must be received no later than February 15th of the following plan year.

Reimbursement	Amount	Description
Adult Wellness	\$60	Each enrolled employee and spouse is eligible to receive up to \$60 per plan year for completing an eligible Health & Wellness Class (see page 2 for a list of potential classes).

NHIT Member's Name	Specific Program/Class	Cost
1)		\$
2)		\$

Total Amount Requested \$ _____

NHIT Member #1 - Acknowledgement/Instructor Information:

Provider/Facility Name:	
<input type="checkbox"/> I am certified to teach this program <input type="checkbox"/> I attest that the noted individual completed and attended/participated in at least 75% of the program	
Instructor Signature:	Date:
Print Name:	Phone Number:

NHIT Member #2 - Acknowledgement/Instructor Information:

Provider/Facility Name:	
<input type="checkbox"/> I am certified to teach this program <input type="checkbox"/> I attest that the noted individual completed and attended/participated in at least 75% of the program	
Instructor Signature:	Date:
Print Name:	Phone Number:

Eligible Health and Wellness Classes

Please note that only lesson/instructor time is eligible for reimbursement.

Earn up to \$60 in Wellness Reimbursements by completing a wellness related class, such as:

Weight / Nutrition / Health Education

- Jenny Craig® / Weight Watchers®
- Inches-a-Weigh®
- Nutrition Classes
- Healthy Eating / Cooking Classes
- Fitness Education

Injury / Prevention

- CPR and/or AED Classes
- Red Cross Babysitting Certification
- First Aid Training
- Defensive Driving
- Assault Prevention / Self Defense
- Water Safety / Drowning Prevention

Child Birth / Child Care

- Prenatal Swimming
- Birthing Classes (*including Hypnobirthing*)
- Lactation Classes
- Baby / Child Nutrition Classes
- Parenting / Child Safety Classes
- Infant Massage Classes
- Pilates / Core Strengthening

Self-Care / Prevention

- Menopause and Aging
- Arthritis (pain) Management
- Osteoporosis Class
- Anger Management
- Autism Education
- Heart Health (*for Heart Disease Management / Prevention*)
- Diabetes Education
- Smoking Cessation Classes

Lessons / Classes

- Karate
- Meditation
- Dance
- Stress Management
- Yoga / Tai Chi
- Zumba
- Skiing
- Figure Skating
- Swimming
- Spinning

Health and Wellness Exclusions:

- Gym membership fees and dues eligible for the separate Harvard Pilgrim Fitness Reimbursement Program;
- Fitness equipment or other items/products required for wellness classes, including but not limited to equipment, books, food and supplements; and
- Fitness videos or DVD programs.

Harvard Pilgrim Fitness Reimbursement Program

The Fitness Reimbursement program is administered by Harvard Pilgrim Healthcare directly. NHIT members are eligible for reimbursement up to \$150 per individual **or** family policy. The reimbursement program runs on a calendar year (January-December).

Please visit **www.harvardpilgrim.org**, click on "Members" and then the link "Up to \$150 fitness reimbursement" to review the program requirements and submit for reimbursement.

**To receive Wellness Reimbursement, please complete this form
and submit with any other required materials to:**

Brittany@nhitrust.org

or

New Hampshire Interlocal Trust
ATTN: Wellness Reimbursements
PO Box 4090
Concord, NH 03302-4090